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# GUIDE TO LAKE LOUISE WITH MAP



Lake Louise, near Laggan, Alberta

*Carriage Drives, Walking and  
Climbing Trips, Camping and  
Saddle Horse Trips, Tariffs  
and General Information*



# BEAUTIFUL LAKE LOUISE



Chateau Lake Louise, Laggan, Lakes in the Clouds.

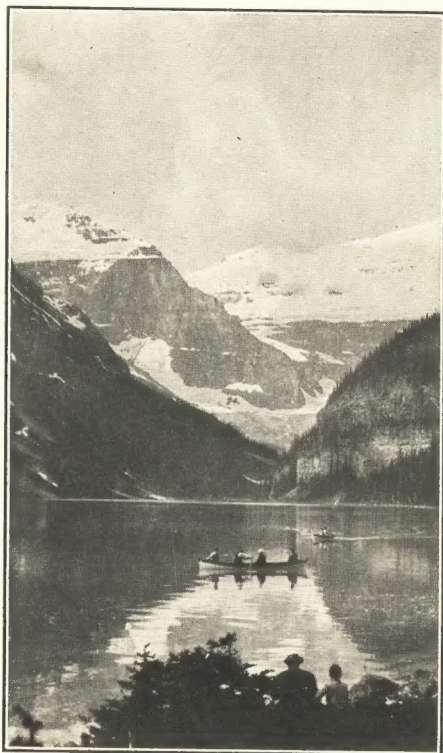
Lake Louise is  
Acknowledged to be one of the most  
beautiful Lakes in the World.

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# BEAUTIFUL LAKE LOUISE



Beautiful Lake Louise.

## GUIDE TO LAKE LOUISE ... and the ... LAKES IN THE CLOUDS

Reached from Laggan Station via the Canadian Pacific Railway.

The Canadian Pacific Railway Company does not control the guides at Lake Louise, this service being under the direction of the Brewster Transfer Company and tourists may make their own arrangements.

NOTE—Data and rates quoted for the information of tourists in this booklet are the most accurate obtainable at the time of printing, but are not guaranteed correct.

# LAGGAN STATION



Laggan, Alberta, the Station for Lake Louise.

**LAGGAN**—The Station for Lake Louise and Lakes in the Clouds is thirty-four miles westward from Banff. It is a divisional point in the Canadian Pacific Railway and here also the time changes from Mountain to Pacific going westward or from Pacific to Mountain time going eastward. The altitude of the station is five thousand and thirty-seven feet above sea level. Vehicles and ponies meet all trains at Laggan to convey passengers and baggage to the Chateau at Lake Louise.

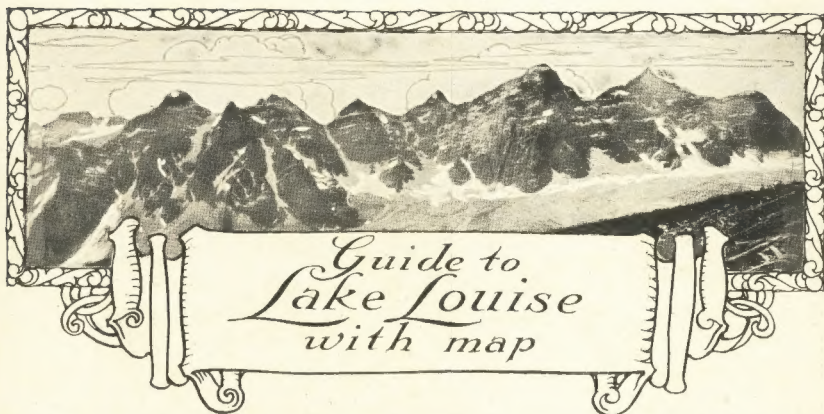
The following is the tariff between Laggan and the Chateau.—Carriage between Laggan and Chateau Lake Louise, each way per person, 50 cents.

Hand baggage not exceeding two pieces for each person, free.

Additional pieces of hand baggage, each, 25 cents.

Trunks—Laggan Station to Chateau Lake Louise and return, each, 75 cents.





Two and a half miles from the station, by a fine carriage road, is Lake Louise (altitude 5,645 feet)—the most winsome spot in the Canadian Rockies. Of the beauty of this remarkable lake there is no divided opinion; every visitor to its shore sings its praises, and it is acknowledged by the most competent judges to be one of the great masterpieces in Nature's picture gallery. As a gem of composition and coloring it has no rival. At every hour of the day the view is ever-changing with the shadows. This is especially true of the early morning and evening hours. Walter Dwight Wilcox, F.R.G.S., in his charming book, "The Rockies of Canada," describes the colorings of Lake Louise as follows: "It is impossible to tell or paint the beautiful colors, the kaleidoscopic change of light and shade under such conditions. They are so exquisite that we refuse to believe them even in their presence; so subtle in change, so infinite in variety, that memory fails to recall their varying moods. I have seen twenty shades of green and several of blue in the waters of Lake Louise at one time." It is the most perfect picture in the vast gallery of Nature's masterpieces.



Riding is very Popular at Lake Louise.

## CHATEAU AT LAKE LOUISE



Dining Room, Chateau Lake Louise, near Laggan, Alberta.

Lake Louise lies at an elevation of 5,645 feet, and is shut in on every side by rocky, snow-capped heights, offering a picture of perfect peace. Mr. Edward Whymper has compared it to Lake Oeshinen, in Switzerland, but has declared it "is more picturesque and has more magnificent environments." It is about a mile and a half long and a half-mile broad, while its depth is over two hundred feet.

Charmingly situated, on the very verge of the water in the midst of the ever-green wood, the Canadian Pacific Railway has built a magnificent chateau. It is open from June to September, and its Swiss guides, horses and packers can be hired for excursions near or far. It affords most comfortable accommodation and conveyances meet every train. The rates are \$4.00 a day upward on the American plan. Telephone communication exists between the station and the chateau, and telegrams may be sent to any part of the world.



## T H E F I R S T C H A L E T

The growth of interest in the Lakes in the Clouds region has been very rapid. A few years ago, about 1890, a small log house was sufficient to accommodate the visitors who came to pay homage to this matchless scenery. Each year, however, brought people from all parts of the earth in increasing numbers, and every season the accommodation had to be increased so that the little house was soon replaced by a larger building. Since then wings have been added, remodelling has taken place, and to-day is seen the splendid Chateau with all its modern equipment for the comfort of guests. What twenty years hence it will be, who shall say, for Lake Louise is gaining new friends in increasing numbers each year.

Everywhere in the mountains around Lake Louise the visitor finds himself in strange surroundings, and over all stand the majestic snow-tipped peaks, ever extending a challenge to the new comer to scale the granite barriers and view a new world, with its endless combinations of light and shade, parks, passes and gorges, always pervaded by a clear electric atmosphere, which is a revelation to persons accustomed to living in the close, damp air of the lower altitudes.



Chateau Lake Louise.

## L A K E S   I N   T H E   C L O U D S



On the Trail to Lakes in the Clouds.

The trail to the Lakes in the Clouds from Lake Louise is easy to travel, somewhat steep in places, but offering no real difficulties to the average pedestrian, though many prefer to use the horses. It is best to take the lower path to Mirror Lake, thence around the lake skirting the side of Beehive Mountain, then up the stairs to Lake Agnes. Here a stay of a few minutes should be made, and return by what is known as the high trail, which is a well-beaten path commencing at the back of Lake Agnes cabin and over the side of Mount St. Piran to the Chateau Lake Louise.

Mirror Lake is another beautiful gem. It has no visible outlet, the waters escaping through an underground channel to Lake Louise, 1,000 feet below. The waters of this lake rise or fall as the inflowing stream pours its flood into the lake



The Path around Lake Louise.

# L A K E A G N E S

more or less rapidly than they are carried off. Lake Agnes, another of the Lakes in the Clouds, is situated amid scenes of the wildest beauty. On the side, like sentinels, stand Mounts Whyte and Niblock, grim and silent; and the irregular peaks, running back, tell of violent eruption in that great and terrible day of upheaval far back in the misty ages of the earth's infancy. A little way down the valley Nature smiles, not broadly, but none the less sweetly; for here among the mosses are found the forget-me-nots, the wood anemones, the blue bells of the Scottish Highlands, the ferns, the Alpine edelweiss (the bridal flower of the Swiss mountaineer) and the heather, that reminds the sons and daughters of Bonnie Scotland of their native hills. It is an Alpine garden, and the eternal hills seem worthy guardians of this spot of peerless beauty.



Near Lake Agnes, Lakes in the Clouds.



On the Trail to the Lakes in the Clouds

The Lakes in the Clouds are one of the scenic features of the mountains. Other parts of the Rockies have their attractions, but none of them can measure up to Lake Louise for its winsome picturesqueness. Lake Louise is simply incomparable.



## M O U N T F A I R V I E W

Mount Fairview is a very easy mountain to ascend and well repays the climber for the trouble. It is the nearest to the Chateau, though not as high as many peaks in this vicinity, yet it affords a magnificent view of this wonderful district. The Saddleback is part of this mountain and from this point some idea of the distance and the labor required to make the ascent can be obtained. The name, Mount Fairview, is well chosen, for the outlook from the top is indeed a fair view. It is a favorite climb for the less ambitious Alpinist and will always be regarded with favor because of the many points on this trail which look out over magnificent scenery in various directions.

Information regarding the trail can be obtained at the Chateau, and the ascent can be made in safety without the services of a guide or the use of a rope.

It is, however, advisable to make this a full day trip, and luncheon should be taken from the Chateau. A log cabin is located in a picturesque spot overlooking Paradise Valley and a full day can be well spent at this point which is considered by many to be unequalled in the mountains for scenic grandeur.



The Top of Mount Fairview.

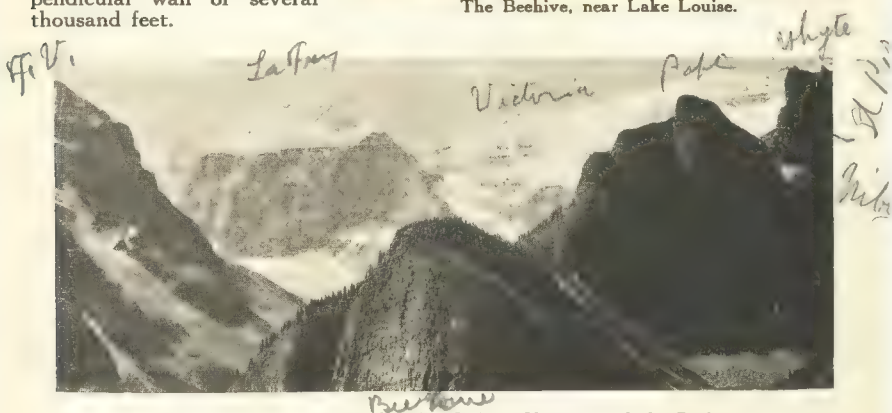
# T H E B E E H I V E

Two miles across the boulder-covered glacier lake there begins to rise southward the forefront of the great glaciers. Thence the ice slants away upwards, until it reaches a depth of possibly five hundred feet of solid blue and green, to where it is fed by continuous avalanches from the endless groups of enormous heights beyond. At the upper end of this brow rises a stern black wall to a height of fully half a mile, over which the avalanches thunder. This wall is five miles away, yet looks to be but one, because of the clearness of the atmosphere.

Above this black avalanche wall there gradually rises, like the roof of the universe, the pure white snow-field on Mount Victoria, to a height of ten or twelve thousand feet. Joining with Victoria in forming this ice field are the towering heights of Lefroy, Beehive, Whyte, Niblock, St. Piran, Castle Crag and many other lofty peaks. To the east an upright mountain forms a perpendicular wall of several thousand feet.



The Beehive, near Lake Louise.



View of Lakes in the Clouds, Mts. Lefroy, Victoria and the Beehive.

# V I C T O R I A   G L A C I E R



On Victoria Glacier, near Lake Louise

From the Chateau at Lake Louise, the Victoria Glacier is prominently visible. It rises on the great white summit of Mt. Victoria, and following down the upper portions of the peak finally avalanches over the rock cliffs to the lower glacier. Confluents also flow in from Abbot Pass and from the large area lying at the foot of the mitre and from between Mts. Lefroy and Aberdeen. The lower Victoria Glacier is easily reached from the Chateau. The visitor should follow the trail along the shore of the Lake, or take one of the row boats to its head. A continuation of the trail leads over the shingly flats composed of old moraine, and from it the ice is easily reached, within about two miles of the hotel. In some places there is a high, steeply-sloping ice wall, which cannot be scaled without steep cutting. At other points, however, the surface of the ice may be reached easily. All of the lower portions are flat and free from crevices. However in higher altitudes there are crevices sometimes spanned by treacherous snow bridges, where the novice should not venture except under the direction of a competent guide. On a summer afternoon a succession of fine avalanches may frequently be seen, sometimes as many as thirty or forty in an hour. They are most interesting to watch as they come pouring down over the stupendous precipices. Whilst their thunder is not infrequently heard at the Chateau, the point where most of them fall cannot be seen from that end of the Lake.



L A K E H E C T O R



Mountaineering Party at Lake Hector, near the Great Divide,  
Canadian Rocky Mountains.

## P A R A D I S E      V A L L E Y

To the east of Laggan run two mountain valleys, both of which are noted for their exquisite scenery. Paradise Valley, the nearer to Lake Louise, lies between Mt. Sheol and Mt. Temple, while the Valley of the Ten Peaks, as its name implies, is lined by ten great peaks, and holds at its head, Moraine Lake.

Paradise Valley is bounded on the east and west by some splendid glacier mountains, such as Mt. Temple, (11,626 feet above sea level); Mt. Lefroy, (11,220); Mt. Aberdeen, (10,340); Mt. Hungabee, (11,447); and Mt. Victoria, (11,355), is nearby.



# T H E       S A D D L E B A C K



Paradise Valley from the Saddleback.

One of the most impressive sights in the vicinity of Lake Louise is the scene from the Saddleback lookout, reached by a good trail from the Chateau across the bridge thence upward through the trees. So interesting and pleasant is this trail that the time passes quickly and the charming scene of Paradise Valley and surrounding mountains is soon viewed from a vantage point that seems to have been prepared by Nature for the benefit of mankind. A short stay should be made to observe the mighty mountains and contemplate the beautiful valley with its silver stream far below nestling among the dark green trees.

Upon consulting the map it will be seen that a trail has been constructed from the Saddleback down through Paradise Valley. This is a delightful trip and abounds in charming scenery and will amply repay the time spent. Unless you are an exceptionally good pedestrian, take ponies. This trip, which occupies one day, should be taken by all visitors to Lake Louise, as the route is over one of the most attractive trails of this district.



## VIEW FROM LITTLE BEEHIVE

Here is a view easy to obtain which will give a better idea of the work of Nature in this marvellous district than possibly any other journey of an equal distance from the Chateau. The trail is easy and good enough for the ponies. The time should not be limited to minutes, for an hour is well spent in contemplation of many of these scenes, which are unsurpassed in the gallery of Nature.

Time should be taken to enjoy a trip like this to the full, and a luncheon on the mountain side is a combination of delights long to be remembered.

This is one of the most popular excursions that can be taken from Lake Louise. Practically every day when the weather is favorable, parties leave the Chateau for the trip to Little Beehive, and it is probably one of the best known trails in the mountains. Much has been written about the view from the Little Beehive, but to be really able to appreciate its beauty, one must visit the mountain himself.



Lake Agnes, Lakes in the Clouds, Laggan, Alberta.

## M O U N T V I C T O R I A

That giant snow-capped mountain situated at the end of Lake Louise and directly in front of the Chateau is the magnificent Mount Victoria (11,355 ft.). It has been frequently ascended and is not considered a difficult peak to attain. The time required is from ten to fourteen hours, according to the condition of the snow. It is not advisable to take this trip unless accompanied by guides, who are familiar with the dangers of the snow and ice. An accident may be very serious. It is only the thoughtless who take chances in places where a step may prove fatal. The ascent is made by way of the Abbot Pass or Death Trap and is somewhat arduous in places, particularly when the snow is soft. In places the sides are very steep and for 700 to 800 feet a ladder-like steep snow curtain must be scaled and then a long narrow ridge must be traversed which are the only difficult places in this climb. Guides should be secured well in advance and an early start made for this peak.



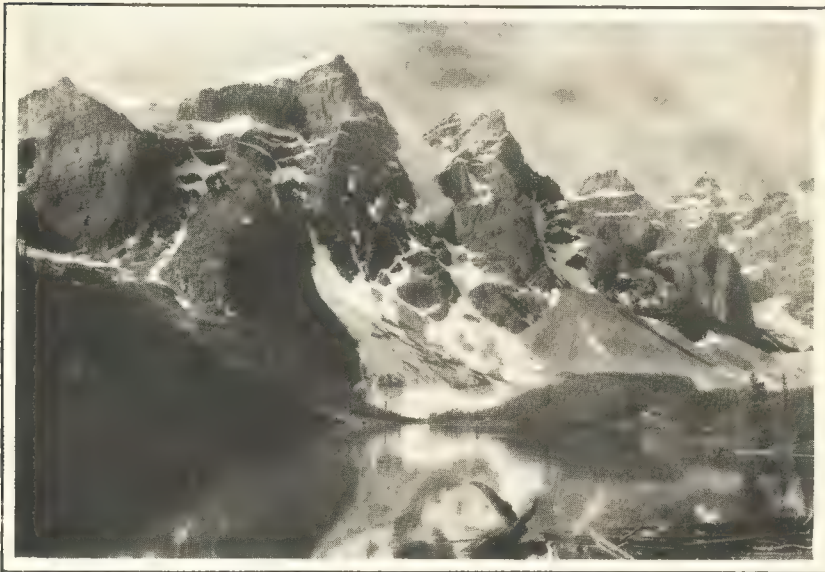
Mount Victoria, at the head of Lake Louise, from Chateau Lake Louise.

## VALLEY OF THE TEN PEAKS

The Valley of the Ten Peaks extends parallel to Paradise Valley on the other side of Mt. Temple. In it is Moraine Lake, two miles long and half a mile wide, in which there is trout fishing. The Government have recently constructed a splendid carriage road from Lake Louise to Moraine Lake.

A great glacier has found its way down the heights at the head of the lake and has forced its course between and around the peaks. For a third of the distance from the lake to the summit the ice is entirely covered by a picturesque mass of rocks, piled in such disorder as chance directed the ice should have them. It is a picturesque and awe-inspiring sight, the effect of which is magnificent in the extreme.

A day can be well spent at Moraine Lake, for it has a singular beauty which grows upon every observer. Here is mountain scenery such as attracts and fascinates the most seasoned travellers.



Moraine Lake and Valley of the Ten Peaks.



# M O R A I N E L A K E

Walter Dwight Wilcox, who has written that charming work "The Rockies of Canada," is the real discoverer of this lake, and thus describes Moraine Lake:

"There lay before me one of the most beautiful lakes I have ever seen. This lake, which I called Moraine Lake, from the ridge of glacial formation at its lower end, is about a mile and a half long. A green forest covers the north shore, while the opposite side is overhung by a high precipice. Surrounding the water is a succession of high peaks rising five to six thousand feet above it, with a few short glaciers among them. The water is very clear and of the characteristic blue-green color. At the time of my arrival the lake was partly calm and reflected the rough escarpments and cliffs from its surface. No scene has ever given me an equal impression of inspiring solitude and rugged grandeur."



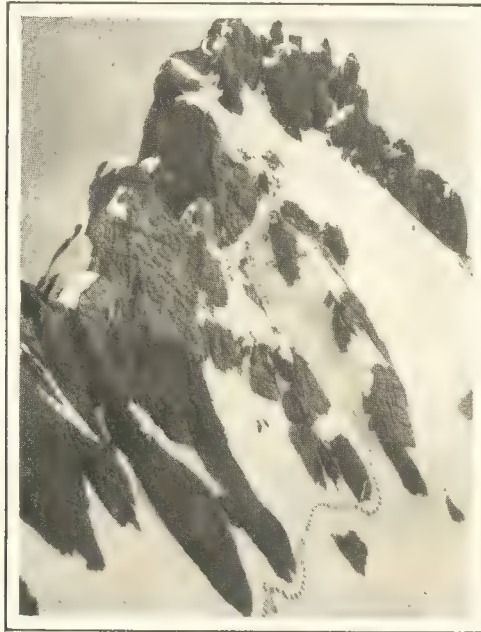
Moraine Lake.

## MOUNT HUNGABEE, 11,447 ft.

One of the most difficult and most dangerous mountains in this whole region is Mount Hungabee (Indian for chieftain) situated at the head of Paradise Valley, which has been climbed by one of the most strenuous Alpinists in America, Prof. H. C. Parker, of Columbia University, New York. The glacier which feeds Paradise River is packed in the lap of Mt. Hungabee, and is said to be one of the most dangerous glaciers in the Rockies.

Mountaineering is the greatest sport in the world. No other play is so joyous in its anticipation nor so stimulating in its realization. It brings you close to the high places of the world and gives the further compensation of physical fitness. There is no other recreation which, in all its aspects of surroundings and exercise, will bring about such a fast regeneration of worn out nerves, tired brains and flabby muscles.

Here is a district where the mountain climber may revel in peaks to conquer. The lover of nature cannot find more diversity of character in formation or colossal grandeur of mountain display. Here is indeed a garden of the Gods.



Mount Hungabee.

# M O U N T B I D D L E

This mountain is situated near Lake McArthur. The first ascent was made by Professor Parker and two Swiss guides on September 3rd, 1903. Professor Parker says of this ascent:—"The view from the peak is very fine and the difficult climbing, where the greatest caution is required, is for so short a distance that it does not become fatiguing." The time required was about seventeen hours, and the two Swiss guides said that for a short distance this ascent was the most difficult they had encountered.

Mountains such as Mount Biddle inspire humanity with awe and reverence for the works of nature, and to see these giant rocky formations makes every thoughtful person feel how insignificant is man's handiwork compared to these wonderful works of nature.



Mount Biddle.



## SIDE TRIPS FROM LAKE LOUISE



Camping in the Canadian Rockies  
is Exhilarating.

To Lakes in the Clouds.—Distance, three miles for round trip. Time required from two and a half to three hours. Good trail. May be made on foot or by pony.

Go to Mirror Lake first, then up the stairs to Lake Agnes. Take trail back of shelter at Lake Agnes and return by the high trail to Chateau.

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To the Saddleback.—Distance, five miles for round trip. Time required from three to three and a half hours.

May be made on foot or by pony.

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Moraine Lake and Valley of the Ten Peaks.—Distance, twenty miles for round trip. Time required six to seven hours. Lunch should be taken.

This trip may be extended to the Wenkchewna Glacier.

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Paradise Valley.—Distance, eighteen miles for round trip. Time required six to seven hours. Take a lunch.

This trip may be extended to the Horseshoe Glacier.

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Consolation Valley.—Take the Moraine Lake road or trail, crossing the stream at the end of the lake, then around the Tower of Babel. Time ten hours.

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Note.—Much if not all the pleasure is lost if you give too little time to these trips.

## SIDE TRIPS FROM LAKE LOUISE

Victoria Glacier.—Distance, about six miles. Time required from four to five hours. With guides this trip may be extended to a full day and interest greatly increased by doing some climbing on the snow and ice.

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Lake O'Hara.—Take the ponies at Hector Station. Round trip forty miles. Time, two days. If Lake McArthur and Lake Oesa are to be visited add another day.

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Lake McArthur.—Take the ponies at Hector Station. Round trip forty-six miles. Time required two days. A full week can be well spent in this charming locality.

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Ptarmigan Lake and Valley.—Distance, thirty miles. Time, two days. This is a delightful trip to practically a new country.

Note.—To get full enjoyment of mountain trips.—*never hurry.*



Swiss Guides in Canadian Rockies.

# L A K E   L O U I S E   T A R I F F



The Goal Almost Reached.

## Carriage drive on Moraine

### Lake Road:

2 or 3 persons.....	\$5.00
4 or 5 persons.....	6.00
Tally Ho—Regular trips, per seat	2.50

Time of 2 hours for lunch.

## SADDLE TRIPS,

Pony to Lakes Mirror and Agnes \$1.50

Pony to Victoria Glacier and re-  
turn..... 1.50

Pony to Saddleback and return . 2.50

Pony to Moraine Lake and return 3.00

Pony to O'Hara Lake and return from Hector, time 1 day..... 3.00

Pony to Ptarmigan Lake and return, time 1 day..... 3.00

Additional time for ponies  
charged at rate of 50 cents per hour.

Guides furnished at \$4.00 per  
day with pony.

Where four or more ponies are  
contracted for by one person on  
short trips, a guide will be furnished  
free, pony to be paid for at \$2.00  
per day.

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For special information write  
or ask

Manager,  
Brewster Transfer Co., Limited,  
Lake Louise, Alberta.



On the Trail.



# N E W T R A I L S

Recently several new trails have been constructed in the vicinity of Laggan and Lake Louise. Among these is a new promenade trail around the Eastern side of Lake Louise. This path connects with the old route around the Western



On a Stone Slide in the Canadian Rockies.

side of the lake and permits of the full circuit of the waters being made. This trail skirts the lake at an elevation of about 100 feet. Benches and rest houses have been placed at intervals, from which the ever-changing color effects of the waters may be observed to great advantage.

There is also a new trail to the Upper Lakes in the Clouds. From here the trail has been continued to Little Beehive Mountain, from where wonderful views can be had of the three Lakes in the Clouds and the Bow Valley with its array of peaks. The more ambitious sightseer may from the Little Beehive continue up to the top of Mount St. Piran.

Still another new trail is that leading up to the top of and over Sentinel Pass. This Pass connects Paradise Valley with the Valley of the Ten Peaks. At Moraine Lake it connects with the carriage road already in existence to Laggan Station and Lake Louise. In Paradise Valley this trail allows of a visit to the celebrated Giants' Steps Falls, a beautiful cascade or succession of falls.

New trails are constantly being constructed and new splendors of nature around Lake Louise are each season being discovered. It will be some time before the full beauty of this region is known to the tourist. Visitors to the Chateau, some of whom have been coming for many years, always find something new and interesting to enjoy in this marvellous district.

# L A K E O ' H A R A



Canadian Alpine Club in Camp at Lake O'Hara.

"If six of the most beautiful lakes in the mountains were selected this would certainly be among them. Personally I regard Lake Louise, Moraine Lake and Lake O'Hara as the finest I have ever seen. Each is between one and two miles long and each has certain individual charms. O'Hara Lake is surrounded by a noble amphitheatre, the cul de sac made by Mounts Victoria, Lefroy and Hungabee. The water, and even the bottom itself, is colored a vivid, clear green. Not far from the outlet, a pretty bay is made by a narrow point which projects a line of trees into the water. Then it dissolves in a chain of rocky islets covered in part with moss willows, a few dwarf species and beds of purple rayed asters. Beyond the miniature cape the shore sweeps out into the broader reaches of the lake and carries the eye to the cliffs of the farthest shore, where the inlet stream makes a curtain of water as it falls in cascades over dark rocks. At night and sometimes by day you may hear the echo distinctly a mile or more distant as it is carried over the lake. I have never discovered whether there are any fish in this lake or not, though every condition is favorable for them."—Walter Dwight Wilcox, in "The Rockies of Canada."

There is a good trail from Hector to Lake O'Hara, and it is a very enjoyable trip in favorable weather. The distance to the lake and return is almost forty miles and two days should be devoted to this trip.

## F A L L I N G      A V A L A N C H E S

Lake Louise is a noted place for avalanches, and it is not uncommon to hear the thunder of several of them in one day. The sides of the mountains in the vicinity are plowed and furrowed by these immense masses of falling rocks and ice which cut down trees and sweep everything from their path by a terrible, irresistible force. From the precipitous sides of Mounts Lefroy and Victoria ice and rock are continually becoming detached, and large falling avalanches are frequently seen from the Chateau descending through the airy abyss and striking the rock with thundering noise far below. It is said to take nearly twenty seconds for the noise to reach the Chateau and when their thunder is heard all that is then seen is large clouds of fine snow rising from the place where the avalanche has fallen.

When the cities of the United States and Canada are sweltering in summer heat, the cool air and the everlasting scenes make the beholder imagine that this is indeed nature's return.



Mount Victoria, where Avalanches are often seen and heard.



## G A M E     I N     T H E     R O C K I E S

Lake Louise being within the confines of the Canadian National Park there is no opportunity for the hunter of big game in this immediate vicinity. Yet many parties in search of mule deer, caribou, moose, mountain goat and sheep, start from here, for, by good trails and within easy distance, is one of the best big game districts in America. Of smaller game, the lynx, coyote, wolverine, muskrat and marten are most common, and the whistling marmot and waddling porcupine are often seen close to the Chateau. Squirrels, chipmunks and gophers are also in abundance. Not to be forgotten are the black, cinnamon and grizzly bears which are often seen by guides and others who wander from the beaten paths of civilization. Hunting in this altitude has many additional charms, for nowhere else can be found such remarkable and diversified scenery to interest the sportsman. The remarkable scenic beauty of this district and the abundance of game, combine to make an outing in the Canadian Rockies most beneficial, one which amply repays the hunter for the time spent in reaching this favorable territory.

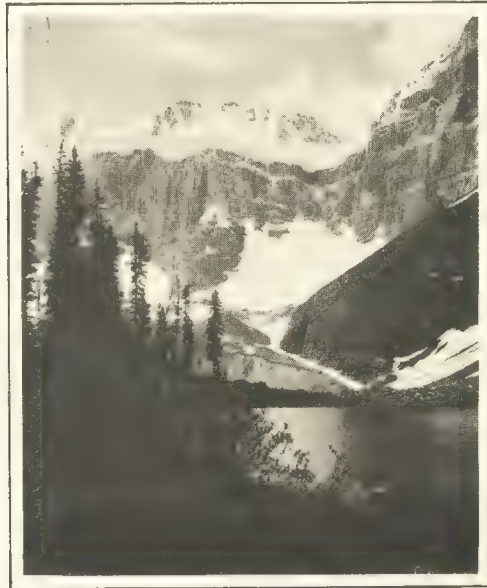


Rocky Mountain Goat.

## C O N S O L A T I O N      V A L L E Y

This is a characteristic upland valley of the Canadian Rockies of singular beauty, with glaciers, moraine, dark forests, and winding silver streams and charming nestling blue lakes whose restfulness make the traveller forget the world of bricks and mortar, noise and strife, as effectually as if he were transported to a land where these troubles never had an existence. To the south of this valley is a rock precipice commencing with the Tower of Babel and then gradually increasing in height eastward till it terminates in the Alpine peak fringed with a border of ice near its pointed crest. Some of the cliffs around this valley rise in a sheer wall for thousands of feet and make a picture of quiet isolation and secluded beauty unsurpassed by any mountain valley in the world.

How far short of this beauty are the parks of our cities. How small and how insignificant they appear by contrast with this wonderful valley. Truly this scenery broadens our vision of things beautiful.



Consolation Valley.

## M O U N T       S T .       P I R A N

One of the easiest mountains to climb and one of the finest views to be obtained in the mountains is Mount St. Piran. The crest of this mountain is quickly reached from the Chateau by the "Lakes in the Clouds" trail.

Edward Whymper, the conqueror of the Matterhorn, was so entranced with the scene to be had from this mountain that he is reported to have slept on the crest over night. The climb is so easy, and there is so much to repay for the time, that it should be one of the most popular trips for visitors who desire to get some idea of the magnitude and beauty of this mountain district.

Linger on this mountain side, look out across the valleys, see the eternal peaks. Don't rush and hurry. Here is a scene for contemplation and discussion. You may never come this way again. This is a different world from the busy life of our cities to the repose and beauty of the view from Mount St. Piran.



A Wonderful View from Lake Agnes.



## WILD FLOWERS AROUND LAKE LOUISE



Avalanche Lily.



Harebell.



Orchid.



Asters and Columbines

Among the many flowers found in the Lake Louise region are moss campion, alpine campion, alpine dandelion, crepis, star thistle, erigeron, arnica, arctic saxifrage, stonecrop and alpine willows, and harebells, romanzoffia, grass of parnassus, pentstemon, anemones, large thistle, chives, shooting-star.

## S W I S S G U I D E S

Each year the Canadian Pacific Railway Company has brought out from Switzerland sturdy guides, men who are familiar with the dangers of Alpine climbing, who have practically spent their lives scaling lofty heights and ascending the giant monarchs of the Old World. To the caution of these men is due the freedom from accidents which has been so marked in the Canadian Rockies. The neophytes can safely trust themselves in their care, and feel sure no undue risks will be taken and every precaution exercised for safety and comfort while attaining dizzy heights and getting a vision of the world from an altitude where man feels his own insignificance and Nature is seen in all her majesty and glory. Westward from Laggan at Golden the C.P.R. has recently constructed a model Swiss Village, "Edelweiss," where the guides live with their families. Guests at the various mountain hotels can arrange for the services of these guides, but care should be taken that the arrangements are made well in advance of the date on which the services of the guides are required.



Swiss Guides are brought to Lake Louise each season by the Canadian Pacific Railway Company.

## THE TRAGEDY OF MOUNT LEFROY

The list of fatal accidents in the Canadian Rockies contains but one name up to the present, and that is Philip Stanley Abbot of Boston; a man of long experience in mountain climbing in the Swiss Alps and in the Canadian Rockies; a member of the Appalachian Mountain Club. On August 3rd, 1895, Messrs. Abbot, Thompson, Little, and Professor Fay left Lake Louise Chateau and started to ascend Mount Lefroy. The party at 5.30 drew up under an immense bastion, and Abbot, who was leading, saw beyond an angle in the bastion a verticle cleft up which it was possible to climb. Unroping, Abbot ascended some thirty feet when Professor Little called to him if it would not be better to try and turn the bastion on the shelf. To this question Abbot replied "I think not. I have a good lead here." These were the last words he ever uttered. A moment later Professor Little, whose attention was for the instant diverted, was conscious that something had fallen swiftly past him and knew only too well what it must be.

Thompson, standing at the base of the cliff, saw Abbot fall backward, then head foremost saw him strike the upper margin of the ice, turn completely over and begin rolling down a steep incline. As the limp body rolled downward two lengths of rope coiled upon it as upon a spool, this affected the velocity of the descent of 900 feet and prevented the unconscious form from falling over the cliff below. Abbot died a few moments after his friends reached the place where his body had been arrested in its terrible fall. Two days later the party returned and recovered Abbot's body now wrapped in a mantle of snow.

This sad event should not be forgotten by those who attempt mountain climbing in this region and it must be remembered that danger is near and that no risks should be taken without every available precaution for safety being exercised.

To those who go on the ice of Victoria Glacier a word of caution is necessary for the visitor is unaware of the terrible consequences which may result from foolish risks and thoughtless conduct. Remember that danger is very near and do not tempt Providence by carelessness. Glacier climbing is just what one makes it. If one takes unnecessary chances and risks the consequences may be disastrous. On the other hand if one is careful and prudent it is one of the most fascinating of the world's pastimes.

## CAMPING IN THE CANADIAN ROCKIES

The Canadian Rockies excel all other places for a camping trip because there is so much to see that is interesting, novel and exhilarating. Blest, indeed, are those that can get away from the turmoil of the city and spend some time among these matchless mountains and see Nature in all her grandeur of towering peaks and glittering glacier, wild and weird canyons, picturesque mountain lakes and tarns, spacious valleys and enchanting streams. This is indeed another world from that of commerce and trade. Here is where nature reigns and mankind always profits in health and strength when he gets back to nature. Here in the daytime you can find a hundred and one ways to amuse yourself. You can photograph the mountains at first hand. You can fish the foaming mountain streams for trout. You can explore the glaciers or you can hit the trail into new fastnesses. "And who shall adequately sing the song of the hill trail? The winding way, turf-carpeted, through the forest aisles; the breath-catching glimpses of guardian giants, the closer acquaintance with glacial rivers and wayward brooks, the greetings of the trailside flowers, the greetings too, of whistling marmots and lazy porcupines, and of all the varied life of the high hills." Truly this is life. Lucky indeed is he who can leave the world of cities and commune with Nature under the drifted skies of the Canadian Rockies.



Camping in the Canadian Rockies is a Delightful and Beneficial Vacation.



## HEALTHFULNESS OF MOUNTAINS

It is well known that the chemical composition of the atmosphere differs but little, if at all, wherever the sample be taken; whether it be on the high Alps or at the surface of the sea, the relation of oxygen to nitrogen and other constituents is the same. The favorable effects, therefore, of a change of air are not to be explained by any difference in the proportion of its gaseous constituents. One important difference, however, is the bacteriological one. The air of high altitudes contains no microbes, and is, in fact, sterile, while near the ground and some 100 feet above it, microbes are abundant. In the air of towns and crowded places not only does the microbic impurity increase, but other impurities, such as the products of the combustion of coal, accrue also. Several investigators have found traces of hydrogen and certain hydrocarbons in the air, and especially in the air of pine, oak and birch forests. It is these bodies, doubtless, to which the curative effects of certain health resorts are ascribed. Thus the locality of a fir forest is said to give relief in diseases of the respiratory tract. But all the same these traces of essential oils and aromatic products must be counted, strictly speaking, as impurities, since they are not apparently necessary constituents of the air. As recent analyses have shown, these bodies tend to disappear in the air as a higher altitude is reached, until they disappear altogether. It would seem, therefore, that microbes, hydrocarbons, and entities other than oxygen and nitrogen, and perhaps we should add argon, are only incidental to the neighborhood of human industry, animal life, damp, and vegetation.—The London Lancet.

There can be no divided opinion as to the healthfulness of Lake Louise or the benefit to be derived from a visit in this charming region. The air of the Rockies is pure and strangely exhilarating. In the mountain ranges, lakes and valleys of this district are not only the scenic beauties and wonders of Switzerland duplicated on a much wider and grander scale, but there is added a diversity of climate noted for its purity of air, its freedom from malaria and its almost total absence of extremes of heat and cold.

The Canadian Rockies are unique for their abnormally high percentage of sunny days, their corresponding minimum of rain, and the entire absence of foggy or misty weather and dew. From the 1st of June to the 1st of October there is practically no rain, except passing showers of short duration, preceded and succeeded by bright sunshine.

# G L A C I E R S

James Outram has written, "In the Heart of the Canadian Rockies," thus on glaciers:—"Glaciers and their ways take a life time to understand fully. Snow-craft is an education which many guides with the experience of years are not masters of; and almost every season the treacherous snows will claim among their victims men who have spent years in studying their conditions. Many a vast abyss is hidden under an unbroken expanse of seemingly solid snow where even the keenest and most practised eye cannot detect their presence, and frequently an intricate net work of these huge crevasses may be gaily passed over by an unskilled party perhaps unroped, where an experienced guide would have had each individual on the rope, held taut, the eye and hand watchfully ready as he winds here and there probing at every step and noting indications of the most subtle type. Still more appalling and even more difficult to recognize are the limitations of avalanching snow. The average athlete requires a hundredfold less education to become safe or even expert on rocks than on snow or ice.

"Dangers are more apparent and easily recognized. It is the open rather than the hidden and treacherous foe that he has to battle with; and certainly amongst amateurs for one expert on snow and ice will be found ten or a dozen in the foremost rank on rocks. The masked crevasse, the slippery surface, the frail snow bridge, the tendency to avalanche demand every possible care to guard against an accident."

From a man of such wide and varied experience these words of warning should be heeded by every person who visits the glaciers in the vicinity of Lake Louise, named as follows:—Victoria, Lefroy, Horseshoe and Wenkchemna. The first two are situated at the end of Lake Louise and in plain view of the Chateau. Their distance and size is most deceiving and upon nearer view one is impressed with their immensity. Great yawning crevasses seam and furrow these mighty masses of ice and snow, making them exceedingly dangerous for the unfamiliar to traverse.

## GLOSSARY.

Bergschrund.—The great crevasse separating the commencement of a snow field from the mountain side.

Crevasse.—A crack extending into the ice, often of great width and depth.

Dry Glacier.—The lower part of the glacier where it is free from snow.

Glacier-Table.—A large block of stone on a dry glacier, balanced on a column of ice.

Moraines.—The piles of rocks and stones surrounding a glacier and which have been transported by it.

Moulin.—A shaft or well cut through a glacier by a stream.

Névé.—The snow field from which a glacier flows.

Serac.—An ice tower formed by the intersection of transverse and longitudinal crevasses.

Tongue or Snout.—The end of the glacier; the fore-foot.

## P A C K   H O R S E   T R I P S

To see the Rockies best one must leave the beaten track and go by pack-horses into the very heart of the wilds. This is easily done, even by ladies. The guides know many a picturesque spot where you will be made comfortable under canvas, and you will then understand as never before the peculiar charm of these mountains. New surroundings, novel experiences, agreeable climate, and high altitude give an exhilarance to life and a buoyancy and a zest for enjoyment that is a tonic to the work-weary, far beyond the skill of the apothecary. The outfitter will supply all requisites for camp life. Pack-horses carry all provisions, and saddle-ponies, sure-footed as a mountain goat and trained to the trail, are supplied. The camp cook and usually a boy of all trades precede the campers inland; and, if there are ladies in the party, have the camp stove for the ladies' tent going and refreshments ready. One party including ladies recently made a trip of sixty miles. It was necessary to ford nine mountain torrents, cross two miles of giant fallen timber, climb a vertical bench 2,000 ft. high by means of the zigzag, or corkscrew bridle path, and come to a lake by trail through three miles of muskeg. So perfect were the outfitters' arrangements that it was not necessary to dismount once—excepting to rest. For such a trip the charges are according to the size of the party.



Loading a Pack Horse—Canadian Rockies.

## B I R D S   I N   T H E   R O C K I E S

From the English sparrow to the golden eagle, birds of all sizes visit Lake Louise and the vicinity during the summer months. The blue grouse, Franklin grouse or fool hen are plentiful, and Rocky Mountain ptarmigan are found at higher altitudes. In the wooded lower valleys bird life in endless variety is found. On the lakes are frequently seen different varieties of water fowl, and the common whiskey-jack is everywhere to be found. It is well to know that shooting is not permitted within the boundaries of the National Park, but if the tourist be so inclined, in the regular season he can find abundant opportunity for the exercise of his skill in many famous districts beyond said boundaries. In faith no better way of spending one's vacation can be devised than to take a guide, and pack-horses loaded with one's gun, ammunition and fishing tackle, and leave the beaten track and go back into the fastnesses of the mountains where the game is abundant and the scenery remarkable.



Grouse are plentiful in the Canadian Rockies.



# F I S H I N G



Trout are found in Consolation Valley and Moraine Lake.

Trout of a good size have frequently been caught in Moraine Lake and also in Consolation Valley. The water in the vicinity of Lake Louise being largely of glacier origin, contains a large amount of glacier sediment which is not a favorable condition for angling. The guides at Lake Louise, however, know of good fishing waters within easy distance from the Chateau.

Many of the smaller lakes in this section contain fish, but usually the temperature of the water at this altitude, together with the little food for fish in these higher lakes, makes angling results very doubtful. However when camping trips are undertaken it is well to take along a good supply of fishing tackle as you are sure to get good sport at different points along the trail.

# M O U N T       T E M P L E

A small blue lake called Lake Annette lies at the base of Mount Temple somewhat elevated above the valley and hemmed in by the forest, which sparkles like a diamond when the sun is in the south. It is more than 5000 feet from the water of this lake to the top of Mount Temple. A glacier crowns the summit and at intervals avalanches fall into the valley below, a distance of 7,000 feet, and the thunder of their fall can be distinctly heard at Laggan over six miles away.

Mount Temple is one of the most imposing mountains in the Canadian Rockies and is a favourite climb for ambitious Alpinists. Fifty-three members of the Canadian Alpine Club ascended this mountain at their annual camp in Paradise Valley—season 1907. Numerous ascents have been made of this mountain and it is said to be somewhat arduous but not very dangerous for experienced climbers. A very fine view of the side of this mountain is obtained from the Saddleback. From its imposing appearance, which from a distance looks like the dome of a vast cathedral, this mountain derives its name. On a clear day the panorama that is seen from the top of the mountain is wonderful.



Mount Temple from C. P. R. Track.

# H I S T O R I C A L

Lake Louise was named in honor of Princess Louise, daughter of the late Queen Victoria, and wife of the Marquis of Lorne, who was Governor-General of Canada from the year 1878 to 1883.

Lake Agnes was named after Miss Agnes Knox, of Toronto, who is said to have been the first woman to visit the lake.

The first sod on the Canadian Pacific Railway was turned May 2, 1881. The last spike was driven November 7, 1885.

The first passenger train across Canada, eastbound, arrived in Montreal July 12, 1886.

The first Transcontinental passenger train, westbound, left Montreal June 28, 1886, and reached its destination, Vancouver, in five days and nineteen hours.

The Canadian Pacific Railway cost over three hundred millions to construct.

The Canadian Pacific Railway operates 16,500 miles of track, and owns a fleet of 74 steamships and eighteen hotels.



Lady Aberdeen at Chateau, sketching Lake Louise, Rockies, C.P.R., Oct. 18th, 1894.

## A P P R E C I A T I O N   A N D   A D V I C E

"There can be little purpose to serve in writing an appreciation of the superb scenery which presents itself on every hand in this locality. I would say see: First, the magnificent view from Saddleback. Second, the Victoria Glacier at close range. Third, the Lakes in the Clouds."

(Signed)      ROBERT GALLOWAY.

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"I have seen the grandeur of the Himalayas, the beauties of the Alps in Switzerland, the Yosemite and the Yellowstone Park, but I have not seen any place so picturesque as Lake Louise."

(Signed)      SWAMI ABBEDAMANDA,  
New York City.

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"Surely this is a rare pearl of Nature set in a most magnificent mounting, overpowering in its quiet beauty."

(Signed)      A. H. A.,  
Milwaukee, Wis.

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"Where, O reader, but at Lake Louise, do the snow-capped crests of mountain patriarchs glistening in the sun, against a sky of Italian intensity, look down upon you, filling you with awe and reverence."

(Signed)      R. W. ASHCROFT.

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"If you go mountain climbing here, always secure the services of a guide."

(Signed)      G. C. BROWN,  
London, Eng.

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"Judging the distance by sight, I thought I could reach Victoria Glacier in an hour, but alas! it took me four hours, and it was hard work."

(Signed)      C. FORBES.



## ON MOUNTAIN CLIMBING

"The joy of life is steepness overcome,  
And victories of ascent, and looking down  
On all that had looked down on us."—TENNYSON.

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Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.

—JOHN MUIR.

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Mountain climbing is not a dangerous pastime but a beneficial recreation which has no age limit, and within proper limitations is conducive to health and an aid to digestion.

Dr. J. C. YONGE,  
New York.

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Climbing the mountains around Lake Louise has been to me a revelation of the beauties of Nature, and an interesting and exhilarating form of exercise; as a result I shall return to my labors with renewed vigor.

REV. J. S. SMITH,  
London.

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Go to the mountain top, ye whose lives have been spent in the valleys.  
A vision of a new world awaits  
you, and an inspiration to higher,  
holier and loftier ideals.

CHAS. MOORE,  
Chicago.

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High up in the World.

Anyone can go down and stay down—struggle upward, it always repays. This is true around Lake Louise.

MISS G. BRUCE,  
Minneapolis, Min.

# M O U N T F A Y

This mountain is named after Professor Fay, President of the American Alpine Club, who thus describes the ascent of this mountain: "The approach of Mt. Fay is from one of the most exquisite of those deep blue Alpine lakes, in the number and beauty of which Switzerland is quite outclassed by this region—Moraine Lake. Its environment is most impressive, yet almost forbidding. Mt. Fay is another massive ridge, rising, as if to form a second terrace, from a great arena filled to the depth of hundreds of feet with a crevassed glacier. Its feeding neve sweeps at a precipitous angle up this frowning ridge, and seems to curl backward like a breaking wave in a ponderous changing cornice that precludes secure approach from this side. And this is, in part, why the ascent was one of the longest as well as most arduous that I have hitherto made—fifteen hours from our camp by the lakeside and return, from 3.30 a.m. until 6.30 p.m. To the top of the couloir we made our way, chiefly on the ice, with frequent step-cutting, but with one diversion, for variety, to the crags. It was a parlous-looking place, and, as we noted it upon our return by the ice below, we asked ourselves: How many persons inexperienced in such climbing would consider a passage over such a frowning donjon as in any way possible without wings? Then over snow-fields and a brief rocky ridge between peaks Three and Two, then skirting over the latter's snowy side—avoiding in one place a mass of rock discharged at us as if in fury from the outcrop near its summit—and we found ourselves at the col, or depression, between Two and the great snow-faced ridge still left for us to surmount, and even now towering some thousand feet above us. It remained only to pass over the ponderous dome of snow that crowns the midway portion of the great ridge, and then beyond it by an easy slope to gain its culmination. A vast panorama is here unfolded, the most impressive feature of which is the seemingly perpendicular drop of about 5,000 feet, on its northern side to the lakelets of Consolation Valley."

Mount Fay is not the only mountain in this district, however, that presents good opportunities for enthusiastic climbers. Speaking of the Canadian Rockies recently, Dr. T. G. Longstaff, the distinguished mountaineer says, "A visit of three months in Canada leads me to remark that no mountaineer can withstand the attractions of the Canadian Rockies. In the whole Canadian Rockies and Selkirk there is a country awaiting for recognition, which I believe is destined to become the playground of the world. In no other mountain region of the globe do peak and cliff, snowfield and glacier, alpland and forest, lake, cataract and stream form such a perfect combination as is to be found not in one, but in hundreds of places in these glorious ranges."

# F O R E S T R Y

The tree life around Lake Louise is abundant and ends at an altitude of about 7,000 feet. In this locality is found a splendid variety of timber, including the jackpine, spruce, balsam, fir, larch, cedar, hemlock, cotton wood, alder and willow. Visitors will note that strict regulations and heavy penalties exist regarding the starting of forest fires in the Canadian National Park, and care must also be exercised in the disposal of lighted matches when on trails in the timber. Remember a careless act may cause very serious results, and certainly nothing so disfigures a country as a disastrous fire.

Here in the Rockies, Canada has one of the most glorious countries in the world. It is a land of rugged mountains, lonely valleys and miniature lakes. Nothing can be found in Switzerland that cannot be duplicated on a larger and grander scale in the Canadian Rockies, one of whose chief attractions is its stately forests.



Alpine Club in Paradise Valley.

# F I R S T

# A S C E N T S



On the Roof of America—in the Canadian Rockies.

MOUNT VICTORIA, August 3rd, 1897.

MOUNT VICTORIA (N. Peak),  
August 24th, 1900.

MOUNT LEFROY, August 1st, 1897.

MOUNT TEMPLE, August 18th, 1894.

MOUNT ABERDEEN,  
August 22nd, 1894.

MOUNT BIDDLE, Sept. 3rd, 1903.

MOUNT DELTAFORM, Sept. 1st, 1903.

MOUNT HUNGABEE, July 21st, 1903.



In a Snow Field.



SKETCH MAP  
 SHEWING THE  
**VICINITY OF LAKE LOUISE**  
 AND  
**MORaine LAKE**









